

CHS NEWS

A publication by and for employees of the Kentucky Cabinet for Health Services

May 30, 2000

NEWS BRIEFS

Name Contest Draws 26 Entries

The contest to rename the CHS News drew 26 entries. Judges made up of staff from the Secretary's Office and Office of Communications will begin reviewing the entries soon to pick a name. The winner will receive a \$150 gift certificate to Kentucky State Parks.

Get Physical Update

Don't forget the Let's Get Physical breaks every Wednesday through June 28 from 9:45-10:00 a.m. and from 2:45-3:00 p.m. and remember to complete your activity sheets.



TIP OF
THE
WEEK

With summer near, many people start thinking about getting a tan. But the CDC warns that skin cancer cases are increasing and says more than 1.3 million cases of skin cancer will be diagnosed this year. The CDC suggests protecting yourself from the sun's ultraviolet rays. For more information, see the CDC website on skin cancer: <http://www.cdc.gov/chooseyourcover/skin.htm>

Aging Conference Draws Over 300

Jerry Whitley, executive director for the Office of Aging, introduced the first speaker at the Governor's Conference on Aging as "a fine example of the new senior in Kentucky and the Secretary of the Cabinet for Health Services, Jimmy Helton." Whitley was referring to the rapidly changing profile of seniors who live active, full lives long after retirement and often have more than one career such as is the case with Secretary Helton.

Office of Aging Services employees worked last week to ensure a successful conference for over 300 attendees and 40 exhibitors. There were a variety of cutting issues such as *Liveable Communities that Fully Include Older People, Technology and Its Use in Care Planning*, and *Vital Involvement*. The exhibits addressed housing, health care, depression screening, body content analysis and senior consumer protection.

Robert H. McNulty, president and CEO of Partners for Liveable Communities, based in Washington D.C., talked about planning communities that fully include older people as independent, active, and productive residents. Leon Harper of the national AARP office in Washington, D.C. discussed criteria for evaluating communities on walking, driving, public transportation, housing, municipal features, services and leisure facilities.



Jessie Mallone of WFPL in Louisville, a National Public Radio affiliate, interviews Secretary Helton after his remarks at the Governor's Conference on Aging.

Lt. Governor Steve Henry also made remarks during the opening session, emphasizing the importance of addressing aging issues for seniors like "facilitating good and safe conditions for our elderly."

Robert Sprang from the University of Kentucky's Telecare program talked about the potential use of the internet and telemedicine in the delivery of medical care. Dr. F. Douglas Scutchfield, director, Kentucky School of Public Health, discussed the impact of technology on health care, the changes in health care finance, and the supply of health care personnel.

Courier-Journal *Body Shop* columnist Dr. Bryant Stamford,

(Continued on Page 2)



Wanda Graves, left, and Lindsey Harp, Office of Aging employees, help attendees register for the conference at the Galt House East in Louisville.

Aging Conference Draws Over 300 People

(Continued from Page 1)

also director of the University of Louisville's Health Promotion and Wellness Center, focused on the importance of taking charge of your own life through health, nutrition, and fitness. Nancy Wellman, director of the National Policy and Resource Center on Nutrition addressed the role of nutrition in

successful aging and tools such as the Nutrition Screening program and Nutrition Care Alerts.

Breakout sessions centered on caregiving, family support, spiritual and mental health, life planning, and end of life care. Workshop topics included Medicare, insurance options, prescription drug coverage, consumer issues, and recently passed legislation.

MR Commission Members Honored

On May 16, the Kentucky delegates to the President's Commission on Mental Retardation (PCMR) met for the final time. HB 144 created the Commission on Services and Supports for Individuals with Mental Retardation and other Developmental Disabilities, which replaces PCMR. The new commission's function is to advise the Governor and Legislature about the needs of these Kentuckians.

During the last PCMR meeting

Margaret Pennington, commissioner for Mental Health and Mental Retardation Services and team leader for the PCMR, recognized the delegates and praised their work with PCMR. These delegates included: Kay Alexander, Cindy Bayes, Dennis Boyd, Jeff Edwards, Maureen Fitzgerald, Donovan Fornwalt, Michael Haynes, Beth Jurek, Harold Kleinert, Kevin Lightle, Beverly Lynch, Tommy Malone, Steve Nunn, Julie Rose, Pat Seybold, Glenna Taylor, and Louise Underwood.

Tornado Safety Tips: Seek Cover

Last week's tornadoes in Western Kentucky serve as a reminder of the importance of being prepared for severe weather. Tornadoes do not happen as often as thunderstorms, but they are much more violent. Tornadoes can travel at 70 mph on the ground, with rotation speeds of 300 mph.

When a tornado threatens, immediate action may save lives. Following is a list of tornado safety tips:

- n Stay away from windows, doors, and outside walls.
- n Protect your head.
- n In homes and small buildings, go to the basement or to an interior part on the lowest level – closets, bathrooms or interior halls. Get under something sturdy.
- n In schools, nursing homes, hospitals, factories, shopping centers, and public buildings go to predesignated shelter areas. Interior hallways on the lowest floor are usually best.
- n In high-rise buildings, go to interior small rooms or hallways.
- n In mobile homes or vehicles, leave them and go to a substantial structure. If there is no shelter nearby, lie flat in the nearest ditch, ravine or culvert with your hands shielding your head.
- n Listen to radio, television or NOAA weather radio for the latest National Weather Service bulletin.
- n Know the difference between a tornado watch and a warning. A tornado **watch** indicates that tornadoes and severe thunderstorms are possible. A tornado **warning** means that a tornado has been detected and shelter should be sought immediately.